



Saratoga Star Aquatics

News

Saratoga Star Aquatics is pleased to announce Sam Anderson as our new Aquatic Manager, and Chris Scott as our new Head Lifeguard.

Both Sam and Chris have had tremendous success in both elite level coaching and business management, we are looking forward to work with both in the next chapter of our swim school.

Please join us to welcome Sam and Chris!

News - Orange Level

In this level, we teach one of the crucial lifesaving skills: breathing, aka: pop ups; swimmers will learn how to manage air exchange, inhale while maintaining the forward movement.

How to do it well?

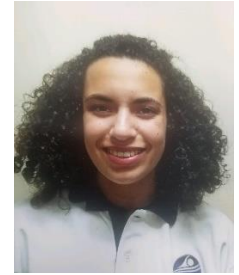
1. Always work on having strong and continuous flutter kicks and digging hands;
2. The range of the motion of the upward and downward kicks should be equal;
3. The arms should reach forward (underwater) for as far as possible to form a maximum reach;
4. While taking a breath, try to push the chin forward rather than lift the head out of the water, this will minimize the amount of the weight put on the body during breathing.
5. Practice, practice, practice!

Summer Class Schedule 2019!

We are excited to announce our popular Summer Camp will resume in June 2019, stay tuned for sign up information !

Employee of the Month

The employee of the month is Jacquelyn. She helped with covering two SSTA shifts last month and been a great role model for her fellow instructors. Jacquelyn is also our new Deck Supervisor on Sundays



Student of the Month Orange Level

Amelie Chen : Amelie is a very good listener and is easy able to learn technique. She brings a great attitude to each class! Keep up the good work!



Student of the Month Orange Level

Shiva Ram : Shiva is very energetic and always has a smile on his face. He loves to swim and is a fast learner. Great job Shiva!



We are Hiring

Are you a current member and able to swim? Want to teach? Please consider applying!

Have a friend, child, neighbor, involved in a church group, club, etc.? Please let them know. Many benefits available at our company including learning real life and work management skills for new comers into the work force.

We are currently providing a \$200 sign-on bonus to new staff. We are a great first-time job for those entering the workforce and need experience.

Please see our website and our employment link at:

<https://www.ssta-swim.com/employment/>